

THE
Good Houſ-wiues
Treasure.

By H. Horne
Beeing a verye ne-
cessarie Booke instructing
to the dressing of
Meates.

* *Hereunto is also annexed,
sundrie holſome Medi-
cines for diuers
diseases.*

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1588.

**MVSEVM
BRITAN
NICVM**



A Book of Cookrye

very necessary for all such as
delight therein.

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To make White broth.



Take a long marrow bone
and cleave it long-ways,
take out the marrow, and
set on y bones with your
Capon or Cocke, laye the
brest downwarde, when
it is sodden ye may take the Capon forth
and put it in a bason with hot licour, and
lay the brest downwarde, if you will you
may seeth a hinder Legge of beefe with it
also, you must set it on betimes that the
Strength of your meate may be sodden in
your broth: then take the fat as it riseth,
no broth till the meat be sodden as much
as it shall be, then take thre pintes or a
pottle of the uppermost of your broth for
two platters, let it settle, and then take

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the clærest and straine it thzough a cloth
and put the fat to it: then set it vpon the
fier in a Pipkin, and take half a dosen of
large mace, half a sponesful of whole pep-
per, as much suger as will sweeten it, if
you will you may put in a pinte of Mus-
kadine or white wine, when it hath sod-
den a good while put in your marrow you
took out of the bones with half a dosen of
Dates cut in halfe, let it but simmer after
you haue put these in till you take it vp,
take to this both foure or fve yolkes of
egges in some Mergis, halfe a porrenger
full with some suger, and when you take
vp the both to serue in, then put it to it,
let not the both seeth after you haue put
in the egges but simmer a little and stir it
well, then you must take Currans and
Prunes and seethe them by themselves
in faire water, when they be sodden you
must lay Prunes, and Barberries about
the Platter, if you will: strawe a little
Suger and Sinamon about it also, laye
Prunes, Currans and Barberries about
the Capon, with the marrow, Mace and
Dates, but the Capon must be first broke
vp but not asunder, for the Wine, you
need

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neede not put it in vnlesse you will, the
broth will be good notwithstanding.

How to make White broth either for Ca-
pon, Mutton or Chickin.

Take a legge of Beefe or a rumpe, or
els a shorthe marrow bone, and cleane
it long waies and take out the marrow
whole, and seeth the bone with the meat,
if you make but a little take any one of
these aboue, and when they be well sod-
den, take thre pintes or a pottell of the
vppermost of the broth & strain it through
a boulter or streyner while your meat is
a seething, binde in a handfull of hearbes
then take a faire Dipkin and put in the
clearest of the broth to a quarte of broth:
a pinte of white Wine or halfe a pinte of
Muscadine, put in halfe a dosen of great
Mace, a little whole Pepper, Sugar, salt
and a litle stick of whole Cinamon, binde
in a few hearbes, namely, Endiue, Suci-
cory, Marigoldes, Margerum, Mercelye
a little Tyme, and a little Rosemary, let
all these seethe halfe an hower, then put in
halfe a dosen Dates cut in halfe, put in
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the marow that you take out of the bone, take Currans and Prunes, binde them in a cloth and seeth them in water by themselves, and when you have put in your marowe and Dates: let your broth seethe no longer then while your marow is hot thoroughly, then take fower yolks of egges and three or fower sponefulls of Rose water, beat them well together: take half a porrenger full of broth and mingle it with it and stirre it well together, then put it into your Pipkin of broth and stir it well till it seethe vp, then dishe it and laye the fruite vpon the meat.

How to make stewed Broth either with
Veale, Mutton or Cocke.

Take it and set it on in a faire Pipkin of water, and when it is sodden and faire skimmed, take a handefull of good hearbes and put in it, and grated bread, Prunes raisons and Currans, Nutmeg, Pepper and sault, and let them boyle all together.

How to make broth either for Birdes,
Rabits or Mutton.

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Take a short marow bone and cleane it a sunder, and take out the marow, the seeth the bone in faire water, then take a porrenger ful of the vppermost of y^e broth halfe a pinte of white wine put in a pipkin, then put in your meate, and if it be birds or rabbits: put in their bellies perceylle, butter, Mace, whole Pepper, Sugar Sinamon & Currans, and leane on the birdes heades, and put in but a little of all these things afoze named, but if it be mutton then put all these into the broth, besides the fruite that is put in, put in a little grated breade, binde in a fewe hearbes, halfe an hower befoze you take vp the broth, put in ten rootes of white Endiue, cut off but a little of the roote or els it will fall a sunder, then put in your marow, and let it seeth no longer then till it be thzoughly whot.

How to smeare a Rabbet or a necke
of Mutton.

Take a pipkin, a porrenger of water, two or thze spoonesfuls of Mergis, ten Onions clean pilled, and if they be great
quarter

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quarter them, mingle as much pepper
and salte as will season them, and rub it
vpon the meat, if it be a rabbit: put a péece
of butter in the bellye and a péece in the
bzoth, and a few Currans if you wil, stop
your pot close and seeth it with a softe fier
but no fier vnder the bottome, then when
it is sodden serue it in vpon soppes & lay
a few Barberies vpon the dishe.

How to make Broth for a Carpe or a Pike.

Take water and yest, and boyle them
together, then take whole Mace,
Currans, Prunes, Pepper and Salte,
Percelye, Lime and Rosemarye bound
together, with a little Mergis and Wine-
ger, and a good péece of sweet Butter, and
boyle them all together. To all kinde
of Fish the same bzoth, excepting prunes.

How to roste the Fillet of a leggo of Veale.

Take the fat of the Kidney cut it in pée-
ces as bigge as ones finger, then take
Pepper, salte and Nutmeg, and so lard it
with

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with that and the fat together, and let it be very well roasted, then make Venson sauce to it with Vineger, grated Bread, Cinamon, Sugar, a little pepper and two or thre whole Cloues.

To make minst Pyes.

TAke your Meale and perboyle it a little, or mutton, then set it a cooling: and when it is colde, take thre pound of suet to a legge of mutton, or fower pound to a fillet of Meale, and the mince them small by them selues, or together whether you will, then take to season them halfe an vnce of Nutmegs, half an vnce of cloues and Pace, halfe an vnce of Cinamon, a little Pepper, as much Salt as you think will season them, either to the mutton or to the Meale, take viij. yolkes of Egges whē they be hard, half a pinte of rosewater full measure, halfe a pound of Sugar, then straine the Yolkes with the Rosewater and the Sugar and mingle it with your meate, if ye haue any D'renges or Lemmans you must take two of the, and take the pilles very thin and mince them
very

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Very smalle, and put them in a pound of currans, six dates, half a pound of p2unes laye Currans and Dates vpon the top of your meate, you must take two or thre Rometwaters or Wardens and mince with your meate, you maye make them worse if you will, if you will make good crust put in thre or foure yolkes of egges a litle Rosewater, & a good deale of suger.

To make a Chickin Pyc.

If you will make one so bigge, take nine or ten Chickins of a moneth olde, trusse them round and breake their bones, take to season them withall a quarter of an ounce of Cinamon, and a quarter of cloves and Mace, a litle Pepper and Salte, as much as you think will season your Pyc two or thre D2renge peeles small thread, take the marow of a shorthe marow bone cleaue it long waies and take out the marowe as whole as you can, then cut it in foure or five peeces and put it in your pyc take halfe a pounce of Currans, a good hand full of P2unes, eight Dates, fower cut in halfe and fower shred, a pounce of Suger 5

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Suger with that in your crust and all, halfe a dosen spoonefulls of Rosewater, so heate your Duen reasonablye, and let it stand in two howers and a halfe or thre howers, a quarter of an hower befoze you draw it take thre yolkes of egges, fower or fve spoonefulls of Rosewater, beate them together and let the boyle a waime stir it still till you take it off, when it is somewhat coole put in thre or foure spoon full of Mergis and a little suger, and put it into your pye quish your couer and so serue it in.

To make a Pippen Pye.

Take a dosen of faire pippens, a pound of Suger in the crust and Pye, halfe an ounce of Sinamon, two orange peeles shzed fine, two spoonefulls of Rosewater, then heate your Duen and let it stand in two howers or two and a halfe, and make a bent in the lid thereof: this Pye is good when the Quince is out of season.

To make a Quince Pye.

Take eight or ten faire Quinces, pare them without and wipe them within
them

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then take an vnce of Sinamon, a pounce
and a halfe of Sugar, a little Saunders,
and in euery of the a Clove or two, then
heate your Ouen reasonably, and let it
stand in six howers, this Pye is not to be
made after Easter then they be out of sea-
son, you must make no vet in it but with
your sugar put in five or six sponefulls of
Rosewater.

How to make an Eele Pye.

TAke two penyworth of very fat Celes
when they be flead and very faire was-
hed, scyth them in a litle faire water, and
Salte till they be halfe sodden, that they
maye slip from the bones, cut awaye the
finnes on euery side, then slip them from
the bones, and shred them somewhat fine
with a knife and take two or thre War-
dens and shread them very fine to put a-
mong them, or Pippins or other apples,
if you doe want wardens, then take a litle
Salte, a little Pepper, Sinamon, cloues
Mace and Sugar, and season it withall
put in a quarter of a pound of swete but-
ter, so put it in paste, and bake it not to
rashlye, you maye put in the yolke of an

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egge and a little Mergis when it is halfe baked if you will but I think it is better without.

How to make a Florentine.

TAke the calle of a legge of Meale, and al the fat of a loyne of Meale, & the marow of a shorte marow bone, and half as much Meale as this dooth waye, the shred them al together, and take Currans, Sinnamon, Sugar, dates, shred two or thre yolkes of Egges, Nutmegge and a little pepper, boyle al these together vpon a soft fier halfe an hower, and put therto foure or fve spoonfull of Rosewater, and a litle Dyrenge peeke fine thread, then when it is halfe colde put it in paste and set it into the Duen, and let it stand no longer then the crust be baked, then Ice it or laye sugar vpon it, as for the Chaites you must put in no Egges nor boyle it, but put in a few Dzyunes, let them be half sodden in water.

An other how to make a Florentine.

TAke the kidneyes of a loyne of Meale when it is halfe roasted, and thread it
hern

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very small vpon a trencher, then take a porringer full of marowe and shread it a little, and put it amongthe meate with a peny dishe of Butter, take foure yolkes of egges and mince them very small whē they be hard and put them in currans as many as you thinke good, fower oz five Dates cut small, fower oz five spoonefull of rosewater, and put in Sinamon, suger and a very litle Ginger, set them vpon a chafindish of coles in a platter, and stirre it till you think it be enough, put in a litle Drenge oz Lemman peeke if you haue any, make very good paste, and driue it out so thin that ye may blowe it vp from the table, then cut it round as bigge as your platter is by the nethermost bzim, spzed the platter with a little butter, and laye the paste on and then put in your meate, and laye it a good deale hyer in the middle then els where, then make suche a couer as you make to a pudding in a platter, and then set it in the Ouen till the paste be baked, and then Ice it with a litle rose water and suger, and set it in a litle and serue it to the boord.

How to make Dousets.

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TAke a pinte of Flower wet it with water, Butter, and an Egge white and al, and make not your paste too lithe when they be raised prick them with a pinne on the bottome, then harden them either on the harthe or in the Duen, and take a pinte of Creame, thre Egges but one of the Whites, beate them well and mingle them with the Creame, the take Sinamon, Nutmeg, Sugar, and a little Salte, and a quarter of a spoonefull of Flower, stirre them altogether & straine the through a boulder or strainer, then fill them in the Duen: let them stand in halfe an hower and then take them out.

For Tarte stuffe either Wardens, Barberies
or Damsons.

TAke a faire Pipkin and fill it full of any one of them: put in two or thre spoonefulls of faire water, then set it vpon the hot harth without any coles about it and so let them boyle while they be softe ready to straine, and then strain them into a faire bason, and set them on a chafin dish with coales and let them boyle and

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put in Sugar, and Sinamon sufficient
to sweeten them and put it into a faire
glasse and so vse it as you need.

How to make Prune Tartes.

If you will haue a Tarte in a great
platter take two pound of Dammaske
Prunes, half a pound of great Raisons,
if you will haue the Tarte all black take
so much or els but halfe, take a quarte of
very good creame, eight yolkes of Egges
beate them together and then set them on
a fresh fier to seethe, let it be stirred conti-
nually til it haue sodden a dosen wames.
then take it vp and put it in a faire cloth
or a boustre strainer, tye it hard with a
Packthrid close to the stufte and hang it
on a naile till all the whey be runne out,
that it may be somewhat stiffe, then put
in as much Sugar as will season it pow-
der or other, a little Ginger if you will,
that which you keep for the white put in
three or fower spoonfull of Rosewater, take
halfe of that for greene if you will, then
take two or three handefull of Spinidge,
cleane picked from the staulkes; washe it
cleane

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cleane, but you must dry it well in a cloth
and stampe it and wring out the iuice of
it: and put some of that iuice to the white
till it be made greene: take the whites of
Egges and mingle it as you did y^e yolkes
and ye may put iuice of Spinidge either
to the white or y^e yellow, you may make
your tarte of fower cullours if you will
as black, white, yellow and greene, or all
of one or two cullours which you will:
When your Bunes and Raisons be wa-
shed couer them close and sethe them in
faire water: sethe them no longer then
you may easily straine them: nor with too
much water, when they be sodden powre
the water clean from them, & let them be
strained with as litle licour as you can,
then put in after they be strained three
quarters of a pound of Sugar: three quar-
ters of an vnce of Sinamon, a quarter of
an vnce of Ginger, put it in a faire Pip-
kin or Skillet and set them on the fier: and
let it sethe and be well stirred a prittye
while till it be somewhat thicke: then take
off it & put in a quarter of a pinte of Da-
maske rosewater, make it not limber but
that it may cut when it is in the Tarte.

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How to make Iellye either of capon, cocke,
Veale, chicken or calues feet, Tenche or
Barnell: you may make Ielly of
any one of these or two of
them together.

If you will make a pottell: take a knoc-
kell of Meale or a shoulde, and a yong
Cocke: cut of all the fatte that you see, and
wash it in as many waters till the water
be cleer: lay it in water an hower or two:
and cut it in halfe a dosen peeces, but be
sure you chop no bone asunder that hath
any marrow in it when you take it out of
water haue a Beere pottle pot with faire
water and put the water and the meat in
a faire pipkin and set it vpon a fier at one
end of your chimney & not again the fier,
let there be no fier vnder the bottome of
your pot and let it see the very softly: and
take off the fat as it riseth and doe not stir
the meat any thing in seething nor when
you pouze out the Jelly, when it hath sod-
den fower or five howers take a little of
it in a spoone and set it a cooling: when it
is so stiff that you may cut it with a knife
pouze it out into a gally pot or els some
other

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other narrow mouth pot: and when it is colde take off the fatte that is vppermost if the bottome be any thing black pare it away then take to euery pinte of the ielly a quarter of a pounce of Sugar if you will haue it strong of the spice: take halfe an vnce of Sinamon, a race of ginger, one Nutmegge, two or thre Mace and bzuse it very groce and put into euery pinte so much spice and Sugar as is wzitten: and one white of an egge with a litle pece of the shell beaten very well, and as y froth of your white of the Egges doth rise cast it into your Jellye: half a pinte of white Wine, and halfe a pinte of Damaske rose water and two spoonfull of white Wine Vineger, if you make thre pintes or a pottell put in of these thre thinges thus muche or els according to the quantitie: that you make, if you will keepe it a fortnighte or thre weekes: put in very little Vineger & set it in the coldest place that you haue in your house and keep it in galley pots or glasses: when you set it on the fier you must stirre it continuallie while it seethe vp haue your ielly bag a branche of rosemary in the ende of it and a fewe

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round strawes of hay, and when it hath
by poure it into the ielly bagge, and whe
it is run once thzough put it into the ielly
bag againe with a great spoon very softly
and when it is very cleane put it by in
such thinges as you will haue it and co-
uer it not till it be colde.

How to make blacke Puddinges.

Take Otmale and steepe it in sodden
Milke, then take Hogges suet & good
hearbes and chop them small, then put in
Fennell seed, pepper and Salte,

How to make white Puddinges.

Take grated bread, currans, yolkes of
egges, Nutmegs, Sinamon, and some
Sugar, salte, and Beefe suet: and temper
them with Cream.

How to make Liuering Puddinges.

Take the Liuer of a Hogge, and giue it
thzee oz sower wannes ouer the fier,
then either grate it oz choppe it verye
small, and take a little grated bread and
two egges well beaten whites and all,
and

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and Currans, Nutmegges, Pepper, and
Salte, and Hogges suet.

How to make a Lenton Pudding.

Take grated bread, a little Sugar, nut-
megges, Sinamon Salte, and yolkes
of Egges, tempered with a litle creame.

A Haggas Pudding.

Take the Haggas of a Calfe, perboyle
him, and when he is colde choppe him
very small: then take a litle grated bread
and put two yolkes of Egges with good
hearbes chopped very small, and currans
Nutmeg and salte.

How to make Saufages.

Take the Fillets of a Hogge, and halfe
as much of the suet of the Hogge: and
choppe them both very small, then take
grated bread, two or three yolks of egges
a spoonfull of groce pepper, as much salt,
temper them with a litle creame, and so
put them into the skinner and boyle the
on a gridiozne.

To make fresh Cheesc.

U.ing.

Take

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Take new milke and put a litle runing to it, and when it is scumde bzeake it: then take some Sugar, Sinamon & rose water, and so put it in a chéese moule, and put Creame to it.

For a Tansie.

Take either walnut tree leaves oz lettuce alone, oz all other good hearbes, Stampe them and strain them, and take a little Creame and grated bzead, nutmeg, pepper and Sugar, fower Egges two of the whites: beate them together and so frye it in a pan.

To make Fritters.

Take a little faire warme water, as much Sack, and take half flower half bzead, mingle them altogether: then take five oz six egges and break therin whites and all, a little nutmeg, Pepper and salt, and cut in Appells very small: then take a faire skillet with Suet and let it boyle on the fier and so put the batter in it.

For a Posset.

Take a posnet full of creame and seethe it and put Sugar and Sinamon in it, then

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then take halfe Ale and halfe Hacke and
put Sugar and Sinamon in it.

Porke Sauce.

Take Vineger, Mustard, Sugar and
Pepper.

Piggesauce.

Take halfe Vineger, and halfe Wergis,
a handfull of percelv and Sage chopte
very small, a Pomewater shredde very
small, then take the graue of the Pigge,
with Sugar and Pepper and boyle them
together.

Sauce for a Gooce.

Take Vineger and appells shzed very
small, two sponfulls of musterd a lit-
tle Pepper and Salte: and take Sugar suffi-
cient to sweeten it, then boyle it well to-
gether.

Capon sauce.

Take water, Onions, pepper, and some
of the graue and salte, and boyle the
together

How to make Almond milke.

Take a peece of the screege end of a neck
of mutton, a good handfull of huld barley
a good handfull of colde hearbs, a litle salt
then

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then take a handfull of almonds & blanch
them and grinde them in a stone mortar,
and straine the licour through a faire bol-
ter, then put in a litle Sugar, and so giue
it to drinke.

How to make white or red Vineger.

Fetche your Vineger at Saint Kath-
rins a grote a gallon to the quantitie
of sixe gallons and put thereto a pottle of
Elder flowers such as will shake off whē
they be ripe, and see your vessell be close
stopped vp and filled, and thus you maye
renew your vessell euery yēre with Vi-
neger and flowers according to the quan-
titie but let the olde remaine: this maye
you doe either with strong or small beere
and the remnants of barrells.

How to styll Rosewater that it may
well keepe.

When that you set your styll vp vpon
the plate: sette as many fine ashes v-
pō your plate as may be half an inch thicke
at the least: and lay them euery where a-
like sauing in the middle a little thicker,
and vpon the ashes strew a little beaten
baye,

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haye salte enery where a like, then set on the bottome of your still somewhat stopping that it maye be higher behinde then before for casting the water well out in the stilling, when you still: gather your roses as drye as you can and put them into the still presently if the Roses be drye if you haue more then you can still when they be newe gathered put them into a flasket not too thicke for it will marre both the Roses and the water, when you still: couer your Roses with papers and cast a cloth ouer the papers, that water that ye will keepe longest take it alwaies awaye before the cake be thorough stilled & keepe that water by it selfe, & that which is last stilled by it selfe: that y comes last of the cake is not so good as that which comes firste, let your glasses be washed a fortnight before you neede them because they must be very drye before you put in your water, stop not your glasses before they be thorough drye for they will be mustye: set them in a window a daye or two that the Sunne maye come to them, and when they be very drye: stop them with wax or cozke and some lercenet about the Cozke

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or ware: and couer them with leather or parchment, and set them by til you haue occasion to occupy them, euery glasse that is filled with Rosewater as sone as it is filled, set it into an Duen after you haue drawn Byes or white Bread, and let it stand in a weeke or more till you haue occasion to heate your Duen againe: if it be not too long, and so set it in twice or thrice before you set them by for all the yere, and set your Glasses in a Bason or peece for feare of bursting: when you set by your Glasses for all the yere, wrap them in wollen and set it in a Cubbert or shelve, and keep this water in this order and it will last two or three yere.

How to make very sweete Cakes either of Damaske or red Roses.

Take your Roses very faire coloured and somewhat close, if you will make your cakes large take a pecke of Roses to euery cake or halfe a pecke, and put two Cakes together bottome to bottome, and put into euery cake besides two handfull of sweet Margerum rotes and all, for at that

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that time of the yēere cut Margerum is not sweet, cut of the rootes of sweet Margerum, and two good handfull of lauender and an vnce of the best Damaske powder you can get, a quarter of a pound of orris and one vnce of Cloues, let not the cloues or the orris be beaten much, when you doe searce your orris see it be not too meaten and smell wel, all this powder wil serue but for fower cakes, straw into your still some Roses firste in the bottome, then Margerum, Lauender, and some powder and then Roses againe and a little powder, then Lauender and margerum, more powder then you did befoze, then put a few Roses in the top somewhat thin, whē they be halfe filled take them forth and laye them betwixte two papers and laye not one Cake against another befoze they be colde, then saue them in papers, and cut the papers bigger then y^e Cakes, and sewe them round as sone as you can put them into an Duen after they be filled: and heate the Duen no hotter then if it were after Wyes or Cakes, and let them stave no longer thē a day or a night: then take them out and when they be cold lay them

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them betwixt your clothes, and if they be not drye then set them in againe a weeke or a fortnight, and after they be thorough drye: prick the papers on both sides vnto the brim euery where thicke, these cakes will continue thre or foure yere.

How to preferue Cherries.

TAke thre pounce of Cherries and clip off halfe the stalkes, thre pounce of Sugar and as much rosewater as will wet the Sugar and no more, then put in all your Cherries and set them ouer the fier and shake them thre or foure times for burning to the bottome of the pan, let them seethe in euery place a like, and skumme them continually: it is no matter for taking vp sirrop for it will goe to the bottome: and you may put it in again where it doth seethe faster, & in any wise haue some cleer fier by to put vnder wher it doth want, and let it seeth a reasonable good pace alwaies, and when it riseth to a froth al ouer haue thre or foure spoons by you, and set out a little in a spoone that you may see whether it be Jelly or no: as soone as the sirrop in your spoone is colde

of Cookerie.

set out moze til you see it be ready: for the
collour will alter very muche if it seethe
past the time, therfore when it is of a rea-
sonable thicke Jelly take them off, couer
them not untill they be colde, put them
up in glasses or gally pots and break the
Jelly as little as you can.

How to preserve Gooseberies.

Take foure pound of Gooseberies put
off the blossomes off the toppes, but
not the stalkes, take foure pound of suger
to them, and first put in two pound of su-
ger, and do no moze the wet them in rose
water, you must lay your gooseberies one
by one and not one vpon another, and set
them vpon a softe fier little moze the em-
bers, and you must keepe them still ready
to seethe but not to seethe, for the space of
thre or fouer howers. they will yelde
much licour, and as your licour encreseth
so cast your suger which is left on the top
in euery place a like, some at one time
and some at an other, and when they haue
ben on the fier thre or fouer howers, let
them seeth very softly scarce a quarter of
an hower and skumme them with y back

of a

A Booke

a spoone or a knifes popnte, and so set out in a spoone to coole as is aboue sayde, and when they be Jellied take them off the fier, and do to all your preserved thinges in putting them forth and glassing of the as is besoze witten, & preserve all your thinges if you can either with earthen or in pewter, and your pewter must be scoured with faire water and beate sand, and if you haue no pewter nor earthen panne the take a brasse pan which is very sweet and scoure it with lome very bzight.

How to preserve Damsons.
Take fower pounde of Damsons, three pound of suger to them, lay your damsons one by one in a faire Charger, and put one pounde of suger in the bottom euery where a like, then put in your damsons, and throw one pounde of Suger on the toppe of them, and take halfe a dosen spoonefull of red Rosewater, and take a feather and spzinkle it euery where vpon them, set them vpon a Triuet and a very softe fier vnder them, and let them boyle euery where a like very softlye, as your strop increaseth, so put on the rest of the Suger

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of Cookerie.

Suger, and when it beginneth to Jellye
set it forth in a spoone as you doe y^e other,
you must let them boyle fowre or fve
howers very softlye, and as the scumme
riseth so take it off, and as you doe the o^r
ther aforesaid: so doe this, couer the with
a faire platter in the boyling, and as the
streame of the water riseth take off the
platter once in a quarter of an houre, and
wipe the water of it with a cloth, and lay
it on againe as long as it is a boiling, and
when they be boyled enough take off the
Platter and couer it no more, then take
twentye Cloues being somewhat bzused
not bzoken, and that being taken off the
fier put in the cloues and put them down
in the sirrop.

How to preserue Peare plummies either
white or black.

Take fower pound of faire peareplums
and take fower pounce of suger to the
as much rosewater as wil wet the suger,
to the white peare plums Damaske rose
water, and to the black plums red Rose-
water, keepe out one pound of your Suger
dwet, laye in your Peare plummies one
by another, and set them vpon a very soft
fier

A Booke

her for the space of two howers, let them be ready to boyle but let them not boyle and as the sirrop increaseth th20 we y rest of the Sugar vpon them, and euery hand while turne & couer them with a dishe as you do the Damsons, and wipe off y wa- ter also: and when they haue been vpo the fier two or th2e howers, then let them boyle half an houre softly, or a litle while moze or lesse till they be Jelled, and take h2ede the cullour alter not from white, when they be boyled inough, powze the sirrop vpon them till they be colde.

Preserue your white Bullesse such as your Peare plummes.

How to preserue Barberies.

Take a pou:de of Barberies and stone them but pull the not off the bunches take the fairest and reddest bunches you can get, when the stons be taken out: way one pound of them and take a pound and a halfe of Sugar to them, wette the Sugar berry well with redde Rose water, and set it on the fier and as sone as it boyleth vp drawe the scumme on one side and put in the barberies and dip them wel in the sirrop with a spoon, & let them

of Cookerie.

them boyle very softly the space of a quarter of an hower every where a like, you must dip them downe and turne them as sone as they be on the fier, then take the off when they haue boyled almost a quarter of an hower, dip and poure sirrop vpon them till they be halfe colde.

How to preserve Quinces.

Take sower pound of Quinces & sower pound of Sugar, a quarte of faire water and let it boyle once vpon & haue sower whites of new laid egges, and one of the shelles, and beate them very well for the space of halfe an hower, with a pinte of faire water, and when your sirrope firste setteth vpon, cast in the whites of Egges that you haue beaten, and stirre them till they haue sodden two or thre waimes, then take it off the fier & poure it through a Jelly bag, and put a rosemary branche in the bottome, then pare your Quinces and coze them and set on the same sirrop, and put in your Quinces and let the lye one by an other easily that you may well turn the, that you bruse not one another, and let them sethe every where a like,

E.g.

and

A Booke

and turne them very often, and whē they haue boyled two or thre holwers, take the kernells that you pull out of your Quinces, and keep the Jelly of the kernells as whole as you can, then coze them & make two or thre balles of the kernells and put them in the pan with the Quinces, and when your Quinces haue well boyled that it will Jelly very well that you may cut it, take them off and poure them into a faire bason or earthen vessell, and fil the holes of the Quinces with sirop, thē take a stick of sinamon and a scoze of cloues being somewhat bzased, and put the same into the sirop.

How to preserue Orrenges.

Take of the highest culloured orrenges and the thickest rindes that you can get, let not the rindes be softe, pare them very thin, coze thē and pull out the meate of them, when you haue don so: lay them in the water and shifte them thrice a day for thre dayes, and set on two pannes or Kettells with faire water, and when the water doth seeth put in your Orrenges, and let them seeth till the water be somewhat bitter, then shifte them into the o-
ther

of Cookerie.

other water and two or thre more waters as long as the water tasteth bitter, or hath any high cullour, & when they are somewhat tender take them off and let your sirrop be ready for the, take to foure pound of Oranges, foure pound of suger and bse your sirrop as you must the sirrop of Quinces, and be often turning of your Oranges, and let them seeth very softlye two or thre howers till your sirrope be somewhat hye, and then take them off and poure sirrop vpon them till they be somewhat colde, put in a few Cloues among them.

How to make a Cullis for a sick body.

TAke a Cock or a Capon set him on the fier in a faire pipkin, & when it seethes scumme it cleane, then take hearbes according to the party that is sicke, two or thre dates, a handfull of Raisons of the Sunne stoned, and let it but simmer on the fier till all the meate be consumed away, then stampe them altogether and straine them through a faire boulder and so giue the party to drinke.

¶ Heere endeth the Booke
of Cookrye.

Holsome Medicines.

A remedy for such as cannot digest their meate, but Vomit it vp againe.

Take mintes and stamp them wel, and crummes of bread burned in the fier, and Vineger, and make thereof a salve, spread it vpon a linnen cloth, and then set it vpon a back, and put thereon y powder of Cloues, then lay the same vpon the stomack & you shall finde great help therein.

For the green sicknes.

Take one peny worth of Turmericke, and one pound of Saffron, and beate them small: and take a quart of new milk and a garlick head, which being stamped and strained put it into the aforesaid, and warme the all together and drink it morning and euening and walke after.

For a Burning or Scalding.

Take the fat of the guttes of a Sheepe, and the trittles of a Sheepe and seethe them together, and take a course cloth and straine them together and make a cake of it and melt some of it in a Saucer
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Medicines.

and with a feather anoint the place three times a day.

For a Fellone, Ancome, or any such thing.

Take a quart of the dragges of Strong Ale and a little small Otemeale, as much white castle sope as a Walnut, and boyle them together and stirre them til it come to be made a plaister, and then lay it to the soze being spread vpon a cloth.

For an Itche or an heat.

Take a spoonfull of liuing Brimstone fine beaten, take a Porringer full of Deeres Suet, a penyworth of Champhye and beate it with a blaunched Almonde, and boyle them altogether vntill it come to an ointment, and then annoint the itch or the heat.

Lyppe Salue.

Take a good peece of freshe Butter, as much Deeres suet half as much ware, two or three spoonfull of good sallet Oyle, and boyle them together til it come to an ointment.

For the running of the raines and
the whites.

Take the pith of an Ore back & to beate
flower & Muscadine and make a lit-
tle

Medicines.

Take thereof and bake them upon the
harthe, and then eat thereof everie mo-
ning and drinke a cup of Muscadell after
it and it will help you.

For the fleam in the stomack.

Take the yellow root of a dock & stampe
it and strain it with good Ale & drinke
a good draught of it & it will make you vo-
mit and helpe you of the fleam in the sto-
mack.

To draw vp the euclaw.

Take half a pinte of Sack, half a spoon-
full of brused pepper, heat it very hot,
then put it into a narrow mouth pot, and
let the partye drinke the aire vp into his
mouth as hot as he can suffer it.

For them that doo vomit.

Take half a Capon and three pintes of
water, and let it seeth half away, & put
into it halfe a pinte of redde Rosewater,
an ounce of sinamon sticks, and a quarter
of a pint of iuice of quinces, then seethe it
altogether and straine it and drinke of it
euening and morning when you list.

FINIS.

